

## **Tonsillectomy, Possible Adenoidectomy Discharge Instructions**

### **ACTIVITY:**

- Returning to work, school, or sports will depend on your recovery. Most are fully recovered by 14 days.
- Limit contact sports or heavy lifting or straining for 2 weeks after surgery. Avoid activities that increase your heart rate and blood pressure.

### **DIET:**

- Stay well hydrated. This helps to decrease pain and the risk of bleeding. Cool, clear fluids are the best. Acidic beverages such as orange juice may be difficult to tolerate.
- When you start to eat, only eat soft foods for the first 14 days after surgery. Avoid food that “crunches” such as hard bread, hard candy, pretzels, or potato chips.

### **PAIN:**

- Significant throat pain is common. Pain usually peaks on day #1 or 2 after surgery and then improves daily. Sometimes, pain may peak again about 1 week after surgery with the scabs over the operative site start to fall off.
- Scheduled use of the prescribed pain medicine to prevent pain is better than trying to give medicine to lessen the pain once it is severe. We recommend recording the dose/time of pain medication given and following a strict schedule for the first 72 hours
- Unfortunately, no medication will eliminate the pain. Pain usually resolves completely 14 days after surgery.
- Do NOT drive or drink alcohol while taking narcotic pain medications.

### **OTHER THINGS TO EXPECT:**

- The risk for bleeding is around 3-5%. Go to the Emergency Room if profuse bleeding from the mouth or if blood tinged spit is persistent. Because of this risk, it is recommended to not travel for 14 days after surgery.
- The risk for bleeding is greatest within the first 24 hours after surgery and about a week after surgery when the scabs over the operative site start to fall off.
- A low-grade fever (<101.5) may occur after surgery.
- White or gray patches in the back of the throat are normal after surgery and go away as the site heals.
- Your voice may sound different immediately after surgery. This should improve over the next few weeks.
- Expect bad breath and nasal discharge for 7-10 days after surgery. These will resolve as you heal.
- Ear pain may occur as the nerves to the throat also sense pain for the ear and sometimes get confused.
- Sometimes tongue numbness may be experienced. This is due to positioning during surgery and resolves after several weeks.

### **RETURN PRECAUTIONS: If any of the below arises, call 911, go to the ER, or contact ENT by any of the methods listed below.**

- Fever > 101.5
- Persistent or profuse red bleeding
- Not drinking enough fluids
- Persistent or worsening neck pain
- Persistent nausea or vomiting

### **FOLLOW-UP:**

- You may have an appointment already made for you usually around 6 weeks after surgery. If you need to reschedule this appointment please call the ENT clinic at 210-468-5426
- If your voice is normal, eating and drinking normally, and the sleep problems (if any) before surgery are resolved – there is no need for a physical follow-up. Your nurse will call you approximately 6 weeks after your surgery date.